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## A look into snowy pasts
Walk down memory lane on pg. 3

## Merry Moose FM
How the radiothon gives back on pg. 7

Oh deer! A friendly face popped in to say hello during a recent winter snowstorm. /Emily Stonehouse staff

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# Snowmaker settles in at Winterdance

**EMILY STONEHOUSE**
*County Life* Editor

Haliburton's Winterdance Dogsled Tours is up and running this season, as it held it's first day of tours in early December. See www.winterdance.com for information on booking./FILE

"We're ready."

Two words from Tanya McCready, the owner of Winterdance Dogsled Tours in Haliburton.

An optimistic sentiment from a tourism provider who was quite literally stuck in the slush last year.

McCready shared that their first tour ran the first weekend of December, "which was a week earlier than planned," she said.

But it wasn't always rainbows and snowflakes for the dogsled provider. As a company that is entirely dependent on the weather to make or break their year, McCready and her business partner/husband, Hank, have toyed with the idea of making their own snow for quite some time.

"We've been looking into a snowmaker for over 20 years," she said. "The conversation comes up every year that we have a bad winter, and after last year, we realized that we couldn't afford not to have one."

McCready said that they began doing a deep dive into the world of snow making five years ago, and it took them over two years to decide it was worth the investment. After doing their due diligence with research, they found a company based out of Quebec, who offered a product that would be large enough to service the entirety of the property around Winterdance.

The unit works when it is connected to a large water pump, and chills the liquid as it passes through. "It's not actually little snowflakes," McCready noted, "they're more like man-made snow pellets."

While the process may seem easy, the snowmaker does require a specific temperature and humidity in order to successfully make the flakes. While the maker won't replace Mother Nature, McCready hopes that they can stockpile mounds of snow to access when needed. A whole new meaning to the term "snow banks". "We want to lay down a base like they do at ski hills," she said, "and then we would use that snow to patch areas around the trails."

The dogsledding company welcomes over 2000 guests each winter, and McCready noted that this year already, they have guests booked in from Germany, France, Kazakhstan, England, and the U.S. "It's pretty cool," she chuckled, sharing that they have a large world map hung up each year, with guests encouraged to pinpoint where they are from; resulting in a wealth of pins literally across the board.

With the dire weather last year, Winterdance saw less than half of their regular numbers. "We have to be able to sustain winters here," McCready said. "And yes, we have seen bad winters in the past. These anomalies have happened, but they seem to be happening more frequently."

Upon receipt of the snowmaker, Winterdance received a call from a film production company, eager to try the unit out. "The first time we fired up the snowmaker was to try to help out the movie set at Camp Kandalore, with the working title of *Mysterium*," she shared. "The temperature and humidity didn't cooperate, so we weren't able to make them snow, but it was cool that was the first place we fired it up, and then Mother Nature gave them all that they needed."

The snowmaker is now settled back at Winterdance, ready for the winter ahead. "We're ready for a good season," said McCready, "we're ready to go."

County Life

**The following inserts are being distributed with County Life this week:**

**Foodland ***

**Home Hardware ***

**Minden Valumart ***

**Peavey Industries**

**Shoppers Drug Mart Haliburton ***

**Todd's Independent ***

***All inserts are to selected distribution areas.***

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CANOE 100.9 FM

**Canoe FM Begins On-Air Testing on 97.1 FM in Minden!**

Canoe FM is excited to announce that **Innovation, Science and Economic Development Canada (ISED)** has authorized us to begin on-air testing of the permanent transmitting facilities at our repeater station, **CKHA-FM-1**, broadcasting on **97.1 FM** out of **Minden, Ontario.**

Testing will begin on **December 17, 2024**, and will conclude no later than **January 28, 2025**.

We value your feedback during this testing period. If you have any ***comments or concerns***, please reach out to us by:
**Email:** manager@canoefm.com
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After the testing has been approved 97.1 Minden & 100.9 Haliburton will be permanent frequencies in our County. Thank you for your support as we improve Canoe FM's reach to serve more of our amazing community!

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## *Writing on the Senior Side*

# Snow in Your Face

**GAIL STELTER**

*County Life* Contributor

January is the *Happy New Year* month. The winter takes over and fills our days with books, writing our goals and plans for the month and the seasons to come. We settle in and sometimes venture outside. From cozy fires to a bundled winter outdoors, we are in the midst of our Canadian winter. My mother would say, "It's Canada after all," which translated meant get on with it and no complaining.

Let me take you back to years gone by and forward to life on the senior side as we consider what we mean when we say, "Did you get snow in your face?". It is one of those phrases that conjures up settings and activities past and present, far and near, alone and with others.

Do you remember that snowy night's giant, softly fluttering snowflakes? You looked up and felt the tingle as they melted on the warmth of your face. Dare you stick out your tongue and catch a few? Yes, you did, again and again. The snow in your face was lovely.

Then they were swirling and pelting, and you couldn't see where you were going. Where did this blizzard come from? It wasn't even snowing when you went into the store. You put your hood up and pull it down over your eyes. You look down, but still, it blasts your face. It hurts, and you run across the parking lot. Snow in your face is not fun.

The building feels warm, but you suspect there isn't heat, or it is at the lowest setting. It doesn't matter. On the bitter cold days, any heat is welcome. It has cubbies for your boots, the hat and coat your mother said to keep on, flush washrooms, and a snack bar. It's an outdoor artificial rink, and it is your winter home on Wednesday and Friday evenings and Saturday and Sunday afternoons.

At ten or eleven years old, you dawned your black velvet skating skirt with the gold fleck and white fur trim and your new Christmas skates and spent the holidays in the middle of the ice surface practicing spins, gliding with your leg perfectly straight out behind you. You didn't have skating lessons and it didn't occur to you that lots of kids your age did, probably because none of your friends took lessons. You just went skating … a lot.

At twelve or thirteen years old, your skating skirt was done, and you went to the rink to be with friends and partake in that pre-teen world of being around boys. It was the perfect winter night for skating at the rink: gentle snow, cold but not too cold. The lights were on, the music was playing, and the rink was brimming with young teens. Perhaps you are skating and holding hands, or is someone trying to impress (and almost knocking you over) with his speed skating prowess?

Doug was there. You were in Grade 7, and he was in Grade 8. He skates by you several times and finally stops and blocks your way.

"Hi Gail, we're going over to the hill to toboggan. Are you coming?

"Hi, Doug. Sure."

You stored your skates in the cubby, where they patiently waited until you got back, and off you went. The lights from the rink created shadows on the hill. This tobogganing with boys was quite new. You didn't know what to expect. You certainly were surprised Doug jumped on the back of your one-person sleigh. He was holding on to you. This was fun. You both rolled off the sleigh and laughed. He rolled over onto you, and your face got washed with snow. It was cold, but you didn't complain. You like this boy. You like snow in your face,

He's two years older than you. He makes you laugh, and washing dishes often becomes a riotous water fight. He is your cousin, and he is not the only cousin here. There are thirteen others, his siblings, and this is a home of love and joy like nothing you have ever experienced. You are a fourteen-year-old city kid with one brother who is six years older. You love your brother, but at this age, he seems like another parent, a caregiver and someone on whom you can always depend.

The cousins live near a town called Marmora in a huge house called The Farm. One evening, you were sitting in the living room. Your aunt came into the room and said, "Where is everyone?" You looked around and counted six kids, including you. You smile and think how wonderful it would be to have five brothers and sisters in the room with you back at your home. You love it, and you love being part of it. You are content.

There was a dance in the community hall in town, and all the local teens usually attended. You didn't have to call it an "all-ages dance." In small rural towns, the thirteen-year-olds shared the space with the eighteen-year-olds. A lot of your cousins are at the dance. You met a boy you liked. Guess you'll be back next weekend for the dance at the high school. One of your older cousins, almost your brother's age, drove some of you to town and back. How many were in the car? You don't remember, but you piled in, and when you got back to the farm, you all piled out. You were the last out of the car, and as you were about to go in the house, you got thrown into a deep snow bank. Your water fight cousin was at it again. You laughed, and everyone left you to get out by yourself. It was a bit of a struggle, and you kept laughing, even with that cold snow in your face. When you finally came into the house, your aunt smiled and said, "I wondered what happened to you. Someone said you were in a snow bank and would be coming in soon." Loved that snow-in-your-face moment.

Canadian seniors have a lifetime of snow-in-your-face moments. I laughed as I watched my four young

**see page 4**

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## *Writing on the Senior Side*

**from page 3**

children playing in the snow banks and jumping as the snow flew in their faces when Peter went by with a blast of snow-blowing snow. So many winter outings and toboggan runs and a March Break ski holiday at Killington, Vermont, where I joined Peter and our kids and learned to ski: snow-in-your-face moments for sure. What are your favourite memories of snow in your face?

So, what about now? What does snow in your face mean now? Have you and I lost our zest for snow-in-your-face fun? Yes, perhaps. Snow can be scary as we fear the falls and gasp at the almost falls. Put me in a snow bank now, and I might never get myself out. Arthritic bones are not going skiing. I don't like the cold, but a walk in soft, fallen snow still appeals. Kudos to those of you who get out for hikes, snowshoeing, cross-country and downhill skiing. Don't stop. I'm guessing snow in your face still makes you laugh. Enjoy.

This year finds me reassessing my view of snow in your face. We can't go to the sunny south as health issues prevent me from getting health insurance outside Canada. It's a temporary thing, so there's always next year. Candian winter, here I am, and snow in my face will be fun…maybe once or twice. I will take that gentle winter walk among the fluttering snowflakes, and I will certainly stick out my tongue.

Wishing you fond memories and fun new times of snow in your face. Stick your tongue out. Happy New Year!

# *It's the little things that count, don'tcha know*

DEAR READER,

Why if the New Year didn't sneak in like a thief in the night. I mean, we all knew it was coming. But so fast? Rudolph was just here, and twinkling trees and presents and sugar and more sugar and friends and more sugar and Santa and more sugar. And then wham! The new kid shows up spelling its name in neon – 2025. Hmm, 2025. It's kinda got a ring to it, don'tcha know.

So, the question is: Does ol' Mabelle continue on just like I did last year – up first thing in the morning with my same routine? I'm sure we all have one. Creak those bones out of bed, make my way to the Jane for my first morning visit, jump into the shower and let it wash those sticky dreams away, take that probiotic before the toast and egg, do some jumping jacks and stretches, sit in silence to clear my mind for what's ahead, then jump into my trusty overalls and go feed the chickens.

*Maybelle's*

**Fireside stories**

OR, do I change it up? And what would that look like? Why would I not do what is good for me first thing in the morning?

Okay, so that gets checked as the first thing on my list that is a "go". Hey, if it's not broke, hug it and keep keeping on, right?

Next.

What is it that turns my crank? That's something I look forward to doing today? Not tomorrow or next week or a year from now, but today?

It could be small. Maybe a whole bunch of small things.

I know. I feel like seeing Sybil today. Sybil Beaucannon Hughes, don'tcha know. I'll give her a call, first thing. Maybe we can hook up for a walk and a talk. Always love flapping my lips with Sybil and hearing all kinds of colourful stories that pop into her head.

And if she's busy…maybe the lovebirds, Vilma Yuccch and Officer Stanley Penelope McBottom are free. I know I just spent Christmas with them, but I never tire of their company. Specially watching them moon over each other. They love to five-pin bowl like ol' Maybelle. So, I think I'll call Fast Lanes Bowling in Minden and see if Kandice has a free alley. She's such a doll and we so love it there. Why did you know that if the place isn't crowded you can ask her to play your favourite music? That's right. Why the last time we were there, between throwing a ball down the alley, we boogied to the Bee Gees! It used to make me laugh when I'd hear ol' Barry Gibb sing all falsetto like, but now I just love it. Bring it on, Kandice!

Maybe if everyone I'd like to see today is busy, I'll finally get into those half a dozen books that are just sitting there calling my name. I could draw. Sure love doing that, don'tcha know. And Lord knows, I haven't put fingers to strings on my ukulele for awhile. I could finally sit down with my pet, Bogart, and spend some time hearing about his latest crush.

And Twindle. He's not been feeling himself lately and maybe an unexpected drop-in with some of my home baked cran-apple pie might be good medicine. A good flappin' of the lips. Or, if he's not up to that, just a warm hug. Yes, that's a definite.

Boy, I'm glad we had this talk, albeit one-sided, Dear Reader. That old expression – It's the little things that count – really does have a lot going for it.

Did I wish you a Happy New Year? Well, I'm wishing it to you now and I mean it, 200 per cent!

*Maybelle's Fireside Stories is written by Jerelyn Craden. "Maybelle's Cure for What Ails You," 21 of Maybelle's best short stories, and "Vessie Flamingo Outshining the Moon" (a novel) is now available at www.amazon.com.*

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# My mama told me

**DEB REED**
*County Life* Contributor

I didn't listen, though. I found her annoying. I knew way more and much better. I was in 'the real world', and she lived in the past. She was always going to be 24 years my senior, still afraid of war, loaded with embarrassing anxieties and bossy ideas about how I should be. So awkward.

I decided at age 30 that I'd figured everything out, and that I needed little further input from either of my parental units. After all, I now had a newborn of my own, and nobody was going to control my life or my baby's except me.

I was wrong. About so much. I miss her. She was smart.

The timing was rotten. As I wander through the decades, my epiphanies are constant. Like giant cue cards. Or falling leaves. One-by-one, mum's suggestions revisit. On rainy days. While I shred lettuce. Hearing certain composers. During a particularly amazing conversation.

She was right. About so much. She was missing me. She was 24 years smarter.

Sadly, my annoyances were my ignorance. My self-absorption. Unbeknownst to me, her patience was my teacher. I knew some good stuff at 30, but hardly everything. I sure didn't see back then that elders were actually lighthouses, or that their perseverance has illuminated about 108 billion babies since people began.

Older women are beautiful. At 30, many of us haven't yet noticed that our awareness will naturally graduate from baby-self to bigger picture. We'll never know it all.

If I list the blessings, tackle the work, laugh at myself, take nobody for granted, leave this life proudly...it's not what the world can do for me, it's what I can do for the world. The real secret to happiness.

Where is everyone now I finally know? Darn it.

It's called growing. If universal mothers could organize one giant round table, their collective manifesto would likely work for everyone. If I had my mum back, I would thank her again for brave parenting. I'm glad I'd begun to do so when I realized she'd been listening all along. "Oh, baby, baby, it's a wild world." Cat Stevens knew it before I did.

Mum could technically still be alive, but likely not in a healthy way. Today I can represent what she believed. Choose battles. Stand straight. Welcome leftovers. Introduce yourself. Get sunshine. Reduce swearing. Don't rush. Eat porridge. Be real. Save wrapping paper. Chew slowly. Be yourself. Did I already say that?

Wear shoes with arch support. Carry a spare hat. Listen. Maintain eye contact. Brush your teeth. Hand-me-downs save money. Save money. Grow vegetables. Sleep. Rainy days are perfect.

Time taught me to understand my parents. I needed to rebel to shed my righteousness. I was privileged. Their input actually meant love and protection. Commitment. What once felt like smothering was their safekeeping for far longer than the 24 years between us. I now respect their golden rules. Thanks for lighthouses, mum and dad. I get it now.

# Booker Prize winners

The Booker Prize is a prestigious literary award offered each year to the best fiction written in the English language, which was published in the United Kingdom or Ireland. Looking for some reading over the hibernation months? Check out this year's list of top reads based on the feedback of the Booker Prize judges. These books can be accessed via our local libraries.

- *Orbital* by Samantha Harvey
- *Held* by Anne Michaels
- *Creation Lake*: *A Novel* by Rachel Kushner
- *James*: *A Novel* by Percival Everett
- *The Safekeep: A Novel* by Yael van der Wouden
- *Stone Yard Devotional* by Charlotte Wood.

*Submitted*

# Staying safe online

Aging Together as Community and The County of Haliburton invite you to a conversation on tips to stay linked in and safe online.

Where: Royal Canadian Legion Branch 636, 12847 HWY 35, Minden

When: Wednesday, January 15, 2025, 2:00 p.m. – 5:00 p.m.

Register by January 13, 2025, by email at atachhevents@gmail.com or call Connie Wood at 705-457-7215

You can also attend from your home via Zoom.

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*Submitted*

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## The mess and magic

THERE ARE two types of people in this world: Those who decorate for Christmas in early November and then insist on taking down all decorations on Boxing Day because the overstimulation is all too real.

And those who wait to decorate until the week before Christmas, then want to keep decorations up until Valentines Day.

**EMILY STONEHOUSE**
*County Life Editor*

And they usually marry one another.

I fall into the former category, with my husband in the latter.

Somehow, we make it work somewhere in the middle.

For me, once we celebrate Halloween then honour our Veterans, I am ready for the next best thing.

I love the coziness of Christmas, the marvel and magic and memories that are unlocked with each dusty box pulled from the garage.

With kids in tow, decorating for Christmas is a whole ordeal unto itself; tinsel haphazardly strewn down the bannisters, baubles and bulbs bunched together in select sections of the evergreen that now towers through the living room.

I used to be that person who would redecorate the entirety of my home once the kids had gone to sleep; seeking a level of perfection only reserved for a Sears catalogue circa 1997.

But these past few years, I've let that go. I've embraced the colour and the chaos of the season, reminding myself that my little decorators are only little for so long. That one Christmas in the not so distant future, I will be on my own, hanging the salt-dough ornaments of their little handprints on the evergreen by myself, while I crave the chaos of Christmas past.

But as a result of the cacophony of Christmas, by Boxing Day, I am ready for a fresh start.

It isn't just a desire to dust, a tingle to tidy.

It's a full-on need that I feel deep in my core. The need to restore peace, to simplify my surroundings, to purge bits and pieces of the past.

And while I sit in the living room, brainstorming ways I can possibly rearrange my furniture once the tree has been taken down, my husband sips his coffee.

He enjoys waking up early, the glow of the tree illuminating his book while the rest of the house sleeps. Where he still sees peace and pause, I see clutter and chaos.

I always find that immediate switch interesting; my thoughts towards the coziness of Christmas flipped on its head within a matter of hours.

I am not sure if it's something deeply engrained in my core; conditioned to prepare for a fresh start each year around the same time.

Perhaps it's an innate need to purge after bringing new things into my sanctuary; creating space for a new version of myself in a new year.

And I don't think I am alone. I have watched buy and sell sites on social media wake up the day after Christmas; moms across the county feeling the need to restore peace, to simplify their surroundings, to purge bits and pieces of the past.

As parents, we spend so much time leading up to the holidays trying to make magic for our kids. And that can be beautiful but busy, colourful but chaotic, loving but oh so loud.

It's natural to want a fresh start, and with it, a clean slate.

So here's to 2025; may we embrace the mess and the magic and everything in between.

And now, I am going to tell my husband it's time to take down the tree.

## Top 10 reasons to look forward to a January thaw

IT'S AT this point, in winter –at the very beginning really – when right-minded people (and me) start to dream of a January thaw. These aren't romantic or classic seasonal events, but they do have their uses. Here are the top 10 reasons to look forward to a January thaw.

**STEVE GALEA**
Humour Columnist

1. They provide a chance to be reminded that, underneath all that snow, your yard is made up entirely of dog and deer manure.
2. It's a window of opportunity to find your long-lost snow shovel, thereby providing important clues on how to hide it better.
3. A thaw is the only reason you need to show the neighbourhood the new Speedo you got for Christmas.
4. They offer an ideal opportunity to remove your tongue from that metal pole.
5. Allows you to skate to the mailbox, without the need for skates.
6. Your best winter opportunity to find your car.
7. Just the thing, if snowmen creep you out.
8. Ideal, if it's your turn to shovel the back deck.
9. Removes all evidence that you made a naked snow angel after a few drinks on New Year's Eve.
10. They always seem to coincide with a trip your friend is taking to a warmer place that's about to have record-cold temperatures.

## Footsteps

Snowflakes christening the newborn year,
drifting down from a mottled Sky, blotting the face of Sun, traces of footsteps, fading in the Snow,
muffled by the snowflakes streaming down since morning, afternoon Air tasting pure and cold,
as I pause on the path to inhale deep, the earth sleeping beneath my feet, cloaked in Snow,
wondering how many pairs of feet and eyes have passed each other on the path, wishing one another Happy New Year,
whether strangers or someone they know, sharing the winter burden of bundling up and clomping through Snow,
walking in pairs or Alone, conversing or keeping company with their thoughts,
maybe wondering what their New Year's resolution will be, as snowflakes float through Air,
soft as whispers, silent as secrets until they're told, my left knee, feeling old, as it creaks in the cold,
a stranger passing me, greeting me Hello, so I Hello back, stifling a yawn,
blinking sleep crumbs out of my eyes,
wondering whether one of my resolutions should be to go to bed earlier and wake some mornings at dawn,
to greet the rising Sun and hold its gaze 'till I feel its glow spreading through my veins,
its light flowing through me for the rest of the day, 'till it sinks into the hills and I sink into sleep,
my bleary eyes blinking away the crumbs of the day, so they can feast on whatever dreams come,
seeds of beginnings, squirming in the dark, blurry ideas, taking shape during sleep,
forgotten soon after awakening,
so I resolve to scribble them down straight away, not later in the day, when they fade like footsteps in the Snow,
the snowflakes keep falling and falling as I walk along the path, greeting strangers or someone I know,
all of us walking beneath this silver dome of Sky, eyes hopeful for the New Year and what it will bring,
for our lives and for the world, all of us, interconnected, as I glance up at the smudge of Sun trying to break through clouds,
though its light is muted, still it glows, though the footsteps on the path are fading in the Snow,
still they leave their mark,
as strangers pass one another, saying Hello, a single word, sometimes meaning the world to someone cocooned in their
thoughts, a blur of white fur lumbering towards me on the path, his paw prints dimpling Snow,
a pair of blue eyes I know,
as I bend down to ruffle the giant snowball of fur, his eyes peering up at me
as his owner waves and bellows Hello from a distance, I wave and bellow Hello back,
grinning down at the husky, his ice- blue eyes piercing mine, as he lets me stroke behind his ears,
and I whisper, softer than the snowflakes floating down from Sky, Happy New Year.

*Sylvie Kalenda*

# Moose FM Holiday Radiothon a success

**THOMAS SMITH**
*County Life* Staff

This year, 93.5 Moose FM's Holiday Radiothon raised $49,200.

For the past 18 years, the campaign has been raising money for food banks in Haliburton County. This year's Holiday Radiothon was the first one to take place over 12 hours, rather than two days.

The benefactors from the Holiday Radiothon included Cardiff Community Food Bank, Minden Community Food Centre, Highlands East Food Hub in Wilberforce, and 4C's Food Bank and Lily Ann Thrift Store in Haliburton. For twelve hours, Moose FM host Rick Lowes, visitors from the food banks, and other guests were on the air to raise money to provide food to those in need.

"Christmas is a time when you think of other people and your blessings," said Lowes, a long-time broadcaster with the radio station. "It is human instinct to reach out to help."

Hunger is something that everyone experiences. Without a steady source of food, it hurts, says Lowes. At this point, donating to the food banks around the holiday season is a long-standing tradition and one that Lowes says will continue for the foreseeable future.

"You can't sit back and know people are suffering."

This year's Holiday Radiothon is the 34th radiothon event that Lowes has participated in. He describes every radiothon as being fun and exciting.

The Moose FM location in Haliburton welcomed visitors to share their stories, enjoy Christmas treats, and spread holiday cheer.

"I am always nervous," said Lowes. "I want to do the best I can, you have a sense of responsibility to do the best you can."

Even with the nerves, this year's Holiday Radiothon was a great success. Food Banks Canada estimates that over two million people visited a food bank in March of this year. The year saw the highest number of food bank visits in Canada of all time. With the donations from Moose FM, listeners and supporting businesses, the communities in Haliburton County will greatly benefit from the access to healthy and nutritious food for the holiday season.

"Once again, we are absolutely amazed by the generosity," said Tina Jackson, the executive director of the Central Food Network. Jackson says the organization is completely blown away by the community's generosity and wishes to express their gratitude towards everyone that donated, and those involved with the Holiday Radiothon. As their operating costs and local need for food increases, Jackson says this sizable donation will allow those down on their luck and struggling to put food on their table. Central Food Network operates the Highlands East Food Hub and the Cardiff Food Bank.

"We cannot do this without the community," said Jackson.

The holiday season should be a time in which you can share with loved ones and family. Nothing brings happiness and warmth like a warm dinner.

Lowes and the Moose FM team would like to thank the outstanding support of the community. "Year after year, Moose FM listeners and the Haliburton Highlands community never fail to remind us of the generosity and kindness of those around us."

# A Brighter January

**KATE BUTLER**
*County Life* Contributor

Have you noticed? The days are getting longer! Yes, it's true that we might just be adding seconds of daylight to each morning and each evening at the moment, but those little moments do add up and before we know it, we'll be on our way to long summer days again. That said, I know that winter can be a challenging time of year for many, especially as the holiday season recedes in the rear-view mirror. Around this time of year, we might see references to "Blue Monday", reputed to be the most depressing day of the year, due to wintery weather, the post holiday slump and abandoned New Year's resolutions, amongst other factors. In truth, Blue Monday was actually invented by a travel company as a marketing gimmick to sell more winter vacations, but I feel that there are many ways we can turn the idea of this day on its head to make this time of year more enjoyable.

One way to make January more pleasant is to brighten a corner of your home, inside or out. If we look back to the Medieval era in Europe, the custom was to keep Christmas decorations up until Candlemas on February 2nd. During that time, the decorations consisted most often of evergreens, but today, that bit of brightness can take any form you like - a string of lights, a decorative item with a little sparkle or even a mirror to reflect some of the light already in your home. And if you haven't taken down your Christmas decorations yet, this is also a perfect excuse to simply leave them up a little longer!

Another option to brighten this time of year is to get outside. Even if you think that winter isn't your season, fresh air always helps. Winter sports and activities don't need to be high impact or strenuous either. Snowshoeing has seen a dramatic rise in popularity in recent years and you can even borrow snowshoes from the Haliburton Highlands Museum to explore the Glebe Park trails. It's the perfect way to try the activity out before committing to some snowshoes of your own. If snowshoeing doesn't appeal, even a walk on a paved and plowed sidewalk can help raise your mood, especially on a sunny day. Beyond physical activity, any sort of new activity can also help to improve your January. At this time of year, I'd suggest choosing something that piques your interest, but that doesn't feel as if it comes with any pressure. Make sure it's something you find exciting and fun, and you might find yourself with the beginnings of a new lifelong hobby. If not, that's okay too, just as long as you enjoy it in the moment.

Finally, one of the best ways to brighten winter is by connecting with friends and community. I always think that this is a great lesson we can learn from Haliburton County's history, because for early settlers to the Haliburton area, winter was a social time. That's not to say there weren't many social opportunities at other times of year, but the colder months were prime time for visiting and entertainment. I'm sure there are friends you hoped to connect with during the holidays, but didn't get the chance to, due to the busyness of the season. January is the perfect time to reach out and make some plans – it will brighten your day and theirs. The holidays may be over, but there's still so much to enjoy this winter, and hey, the first day of spring is less than three months away!

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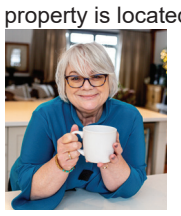

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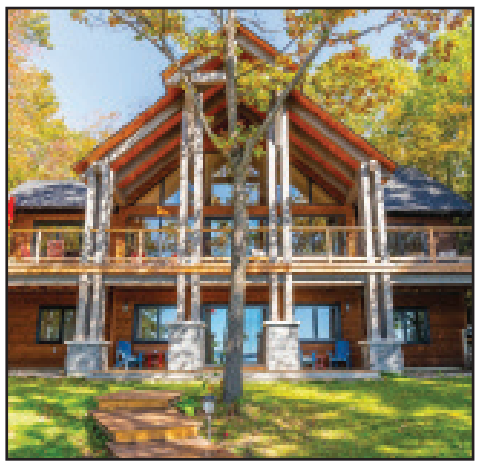

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# Legion Events

### Branch 441 Kinmount

**Monday:** Bid euchre 1 p.m.
Cornhole 7 p.m. (upstairs)
Ladies darts 7:30 p.m. (downstairs)
**Tuesday:** Coffee and chat 9 to 10:30 a.m.
**Wednesday:** Coffee and chat 9 to 10:30 a.m. Mixed darts 7:30 p.m. Canteen opens at 6 p.m.
**Thursday:** General meeting (3rd week) Members only 7:30 p.m.
**Friday:** Chair yoga 10 a.m. Bingo, doors open at 5 p.m. Supper special every week. Canteen opens at 4 p.m.
**Saturday:** Meat draw 5 p.m. Canteen opens at 3 p.m.
**Sunday:** Ladies Auxiliary meeting (members only) third Sunday every month at 2 p.m.
We welcome everyone to our events and we look forward to seeing you.

### Branch 129 Haliburton

**Mondays:** Bridge 1 p.m. Schofield Rm. Youth darts 6:30 to 8 p.m. Clubroom 10 to 18 years of age. All are welcome, no experience necessary
**Tuesdays:** League darts 7 p.m.
**Wednesdays**: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo starts at 7 p.m. First Wed of each month - $1000 jackpot, rest will be a $500 jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
**Thursdays**: General Meeting third Thursday of the month, 6:30 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
**Fridays:** Five meat draw, five prizes each draw, first draw 4:30 p.m., last draw 6:30 p.m. Tickets $2 per draw. Paul Sisson, MC. Friday fun darts from 4:30 p.m. and onwards. 50/50 Draw 5:40 p.m.
*Whether you're planning a function for 10 or 200, call Cheryl Waller at 905-447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Everyone is welcome!*
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m.

### Branch 636 Minden

**Lunch - Monday to Friday**
**Monday:** Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
**Tuesday:** Food 5 p.m. Canoe FM Bingo 6 p.m.
**Thursday:** Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
**Every other Friday:** Karaoke 8 to 11 p.m.
**Friday** Fish & Chips, Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
**Saturday** All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541. Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

### Branch 624 Wilberforce

**Hours - Sunday: Special Events Only, Monday: 7 to 10 p.m., Tuesday: Closed, Wednesday: 2 to 6 p.m., Thursday: 2 to 10 p.m., Friday: 2 to 11 p.m., Saturday: 2 to 9 p.m.**
Thursday, Jan. 9, 16, 23, 30 - Cornhole, $5/player, 7 p.m.
Friday, Jan. 17, 31 - Wings and Jam, $15/lb, 5 to 8 p.m.
Saturday, Jan. 4, 11, 18, 25 - Meat Draw, 3 p.m.
Monday, Jan. 13, 20, 27 - Darts, $5/player, 7 p.m.
Wednesday, Jan. 8, 15, 22, 29 - Darts, $4/player, 2 p.m.
Friday, Jan. 10, 21, Seniors 55+ Lunch, $15, Noon
Friday, Jan. 10 - Fish 'n' Chips, $15, 5 to 8 p.m.
Sunday, Jan. 12 - LA Breakfast, 9 to 11 a.m., $10
Saturday, Jan. 18 - Karaoke, Food provided, 8 p.m. to 1 a.m.
Friday, Jan 24. -Spaghetti Dinner, 5 to 8 p.m., $15
Saturday Jan 25.
Pat and Phyllis Memorial Ice Fishing Derby. Weigh in is at 3 p.m.
Registration is $20. Call the Legion for more info 705-448-2221

Fluffy deer by Sara Mokedanz

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# Nature in your backyard

*County Life* welcomes photo submissions depicting life in the Highlands. Email emily@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

A barred owl by Cornelia Gluck

Above, a mourning Dove by Jill Moulton

Chickadee by Jill Moulton

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## Community Events

**Send your event listing to classifieds@haliburtonpress.com**

Aging Together as Community and The County of Haliburton

**Tips To Stay Linked In and Safe Online.**
Where: Royal Canadian Legion Branch 636, 12847 Hwy 35, Minden
When: Wednesday, Jan. 15, 2 to 5 p.m.
Register by January 13, 2025, by email at atachhevents@gmail.com or call Connie Wood at 705-457-7215.You can also attend from your home via Zoom.The Legion will serve their famous fish and chips after the guests speak.

**Understanding your Teen: How to give support through challenging times**
When: Tuesday, Jan. 21 at 7 p.m.
Where: Schofield Room, Haliburton Legion, 719 Mountain St., Haliburton
A discussion with Rachelle Stephens and Shannon Norris, who are child, youth and family therapists with Point in Time, who will lead a conversation focused on ideas of good practice, guidance and available resources for parents. This is part of a continuing series on "Making our Communities Better Places", and will be opened with music by the Porter Brothers. Open to all, no admission charge, light refreshments provided.

***Recurring events***

**TOPS: Take Off Pounds Sensibly**
When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

**Bridge for Seniors**
When: Mondays at 1 p.m.
Where: Haliburton Legion - Schofield Room
All welcome

**Haliburton Legion Walking Group**
When: Mondays at 9 to 10 a.m.
Where: Haliburton Legion - Remembrance Hall
A safe walking environment. Lead by an Occupational therapist.

**Free Balanced Fitness and Active Social Senior Classes**
When: Every second and fourth Tuesday of each month at 10 to 11 a.m.
Where: Haliburton Legion - Remembrance Hall
All seniors are welcome. Group led by Registered Recreation Therapist

**Bid Euchre**
When: Wednesdays at 1 p.m.
Where: Haliburton Legion - Remembrance Hall
All welcome!

**Seniors Chair Exercises**
When: Thursdays at 1 p.m.
Where: St. George's Anglican Church, 617 Mountain Street
Please join us for safe and gentle exercises for seniors to help with balance, strength and flexibility. Free to join.

**Cards/Euchre/Cribbage**
When: Thursdays at 2:30 p.m.
Where: St. George's Church 617 Mountain Street
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When: Sunday at 9 a.m. and 10:45 a.m.
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THIS WEEK

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TUESDAY, JANUARY 4, 1994

THE HALIBURTON COUNTY

# ECHO

*"The Voice of the Highlands Since 1882"*

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# County's drivers need a boost into New Year

by LINDA SHUTT
*Staff Reporter*

It did seem a little weird. While everyone else was trying to warm things up over the frigid Christmas weekend, Brian Moore was trying to cool things down.

Cold cars were the problem for most people in the county as vehicles succumbed to the -34 degree weather on the night of December 26, and a nippy -38 the following day.

But for Moore, the problem was a cold-induced breakdown of the cooling units that chill the refrigerators in his two local stores. The refrigeration compressors at Westside Jug City's stores in Minden and Haliburton both went out of commission overnight, leaving Moore without refrigerators on Monday morning.

"It was a fun, fun weekend," he said with a chuckle.

The 241 people who telephoned Curry Motors for help starting their cars would probably agree with the facetious comment.

"We were so far behind it got a little ridiculous," said Curry's tow truck operator Murray Burton.

According to Jim Elstone of Pinestone Resort, about 30 cars at the resort wouldn't start on the morning after Boxing Day.

From December 26 until Friday, Curry Motors had two operators working 18-hour days trying to handle a backlog of calls that averaged more than 40 a day.

**'We were so far behind it got ridiculous' Booster cable expert MURRAY BURTON**

It was Friday before they had a chance to count the number of people they'd helped.

Ninety-five per cent of the calls were for non-starters and since many were at cottages, serving them was slow and difficult.

Not everyone had trouble getting around, however.

Some of the hardiest – about 400 people – were skiing the slopes at Sir Sam's on Boxing Day, when the wind chill made it feel like -55 degrees outside. The ratio of hot-chocolate-drinkers-in-the-chalet to skiers was a little skewed but owner Chris Bishop said the conditions were excellent.

"The skiing's great and the cold weather allowed us to make a lot of snow."

The less hardy took refuge at home with a warm fireplace and a good movie.

Video City owner Lon Duncombe said it was a great season for the movie business.

"You really had to be a sports fanatic to be out skiing or snowmobiling," he said.

Since many aren't, that meant a search for a good book or a good movie.

*Please turn to page 2*

# Cold, but not that cold

## Year ends with Arctic blast, but no records

by MARTHA PERKINS
*Editor*

*Brrrrrrrr...*

Have you stopped shivering yet? Can your car start without the aid of booster cables? Is your heating bill coming back down to earth?

*The Christmas of 1993 will go* down as one of the coldest in memory. After an almost balmy early December, winter arrived with a vengence right on the coat tails of Old Saint Nick. In his bundle of presents, the jolly old man of Christmas also brought along some Arctic temperatures from the North Pole.

But amateur weather watcher Jim Elstone says that although it was cold, no records were broken over the holidays.

On December 26, the mercury dropped to -34.5° and the record low was -41.5°. "But the wind chill on Boxing Day was -55 and that's why Sunday was so bitterly cold."

It got even colder the next day, with a low of -38.5°. That too, however, wasn't cold enough to top the record of -40.6°.

Discussions about the weather after Christmas were much different than those before the holiday, when everyone started to wonder whether we were going to have a green Christmas. There was no snow on the ground until Tuesday and yet there was enough in subsequent days to give the countryside the sparkle of the special season.

Elstone says that in 150 years of record keeping in the Highlands, there have only been two green Christmases: 1974 and 1912. So the oddsmakers were giving a white Christmas a pretty good bet.

But it is true that there is less snow than usual. By last Wednesday when Elstone was contacted at his Haliburton home, the snowfall for December was 34 centimetres. The average is 51.8 cm. There was also slightly less rainfall than usual.

However, December was just making up for November, when there was much more precipation than usual. In November there was a total precipitation of 105.8 mm. The normal level is 88.4.

There's a tendency to say "When I was a kid, there was much more snow," Elstone cautions us to remember that we

*Please turn to page 3*

*Bob Porter and his son Christopher check out the Boxing Day specials at Stedmans in Haliburton. Many store owners report that business was up this Christmas, but customers were definitely looking for bargains and sales*

## Ach-choo! Christmas arrives with a snuffle

by MARTHA PERKINS
*Editor*

When people came back to work after the holiday, there was the usual post-Christmas coffee break chatter:

"Oh, I ate too much..."

"You should have seen the looks on the kids' faces..."

"It was a really nice family time..."

But this year, there was another, less pleasant topic of conversation: "It was a wonderful holiday – when I wasn't sick."

In offices across the county, it seems at least half the staff had sore throats, colds or the 'flu at one time or another during the holidays. The *Echo* was a part of this trend, so we phoned Dr. Norman Bottum of the Haliburton Family Medical Centre to see if this Christmas was unhealthier than usual.

"There has been quite a rash of different viruses but not out of keeping with what we'd expect," he says. There were a lot of colds and strept throat, but the 'flu season is just approaching.

During the relatively warm November and early December, people were outside a lot more.

When it got cold, people stayed inside, and that's where germs get spread. "It all depends on the company you keep."

Of course, any advice about keeping healthy is as old as it is true: get lots of rest, eat healthy foods and exercise. In an age where most people are working, Dr. Bottum's other advice is a bit harder to keep: when you're sick, don't come to work, where you'll just give everyone else the same virus.

When and if you do get a cold, it's not necessarily cause for alarm – or a trip to your doctor's office. A fever or a runny nose is your body's way of getting rid of infections, and doctors can only recommend ways you can control symptoms until the virus goes away on its own.

As part of the government's social contract with doctors, the Ministry of Health is supposed to embark upon a public education program "to help people know when they should and when they shouldn't go to the doctor because of a cold," says Dr. Bottum. The health unit may be taking on a similar project in the new year.

So, if your Christmas holiday was spent wrapped in a blanket on the couch, take heart. You weren't alone. And at least when you go back to work you'll get lots of sympathy.

# Stockings were full of socks

by MARTHA PERKINS
*Editor*

It was a back to basics Christmas.

You know – back to socks and underwear for gifts, back to valuing time with family more than presents, and back to making sure you got value for your dollar during that holiday shopping marathon.

Many Haliburton store owners say that this Christmas was busier than last year, but shoppers were still very conscientious about price and less inclined to buy luxury items.

"The general outlook among people was more positive," says Stedmans owner Vince Connaughan. People were buying practical gifts such as socks and underwear, but at least they were buying more than last year. "The final week it really hit but before that, people were just picking up bits and pieces," he says.

Last year, Connaughan said that many businesses were doing themselves a disservice by advertising huge sales before Christmas, instead of waiting for Boxing Day. Remember how so many clothing stores closed up shop last year, selling merchandise at 70 percent off while those still in business struggled to even try to match the prices? The problem was, it created consumer expectations that these sales were the norm – and the expectations continued through to this year.

"Everyone's out there looking for sales," says Ken Langdon, owner of Black's Home Hardware. "In the last few years we've really had to be competitive," and they now hold about 20 sales a year. This Christmas, business was up and that's what counts.

"People love sales," agrees Sharon Sisson, a clerk at Country Pickin's. "They still expect sales before Christmas and they really expect them after. If you put it on sale, you get more people in."

However, she also points out that if someone has "a big woolly sweater" on their Christmas shopping list, they're going to buy a big woolly sweater whether it's on sale or not. Likewise, Sisson knew exactly what she

*Please turn to page 2*

# Generous donors aid needy

by MARTHA PERKINS
*Editor*

During the 4Cs Christmas food drive, the stories of generosity and gratitude could warm anyone's heart – even during one of the coldest Christmases ever.

About 200 families received boxes stuffed with food and toys, together with a food voucher to ensure that everyone could enjoy a festive Christmas dinner. That means that almost 600 people's lives were touched by the thoughtfulness of others.

"The donations were fantastic," says 4Cs president Bob Thompson. "They just came rolling in. We've never had to ask for a cent... and none of the youngsters had to do without toys."

Because many people and organizations donate money instead of food, the 4Cs was able to buy more than $15,000 in groceries, ensuring that there was enough for everyone.

And if that number seems staggering, then consider this: during the year, the value of groceries donated and the value of cash donated is $30,000 each.

"It really is incredible," agrees Thompson. "I really feel the people of Haliburton have taken pride in the Lily Ann and 4Cs. Everything they give goes back into the community and is utilized."

The Lily Ann is a second-hand clothing store operated by the 4Cs' volunteers. On Christmas Eve, just as families were coming in to pick up the food hampers, the Lily Ann announced that everything in the clothing depot was free.

This year, United Church in Wilberforce and the Glamorgan fire department also arranged depots so the 4Cs could better reach the people outside of Haliburton village. Thompson was pleased with this extra effort,

*Please turn to page 3*

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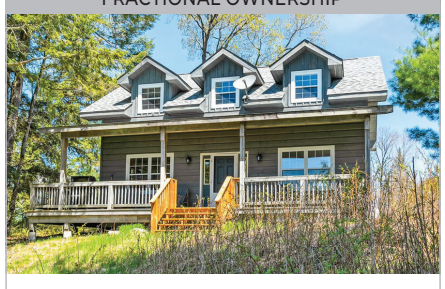

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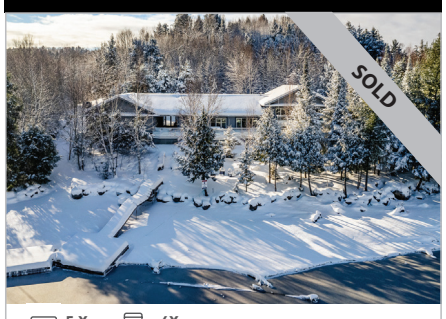


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*DEEDED ACCESS TO MAPLE LAKE MLS# X10437737

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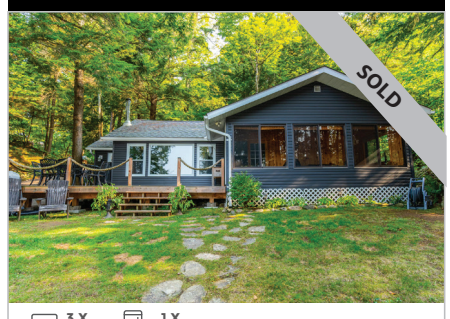
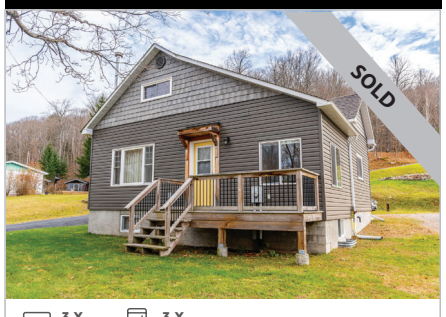


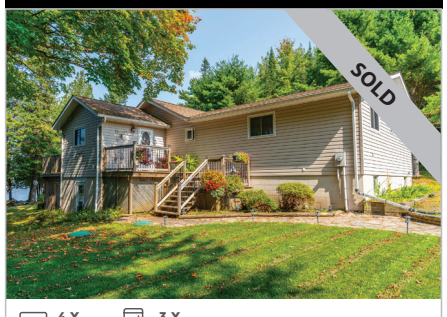

3 X BED 1 X BATH

## EAGLE LAKE
$597,000




3 X BED 3 X BATH

## HALIBURTON LAKE
$1,250,000

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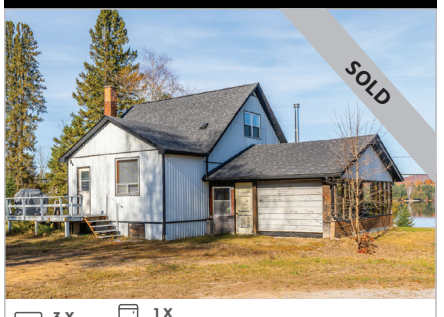


3 X BED 1 X BATH

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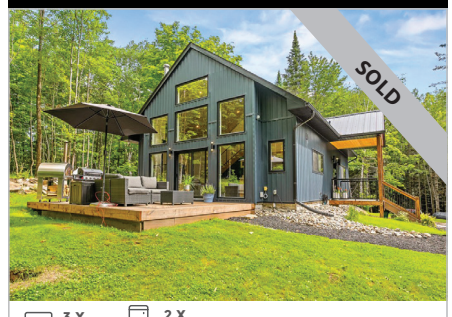
$925,000

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